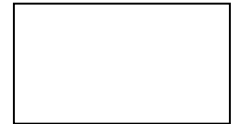


# 2019 USATF – NEW ENGLAND



# INDOOR TRACK & FIELD CHAMPIONSHIPS



**Sunday, February 17, 2019**

**HARVARD UNIVERSITY – Gordon Track**

North Harvard St, Allston (Boston) MA

Registration: 9:00 a.m. Events: 10:00 a.m.

**NOTE: Harvard charges a \$10 parking fee – so carpool!**

### ENTRY PROCEDURE / FEES

**ENTRY FEES ARE NON-REFUNDABLE FOR REASONS WHICH INCLUDE WEATHER CANCELLATION**

\$20 for first event, \$10 2<sup>nd</sup> event, \$5 3<sup>rd</sup> event, 3 total max

**MAIL IN: Received through February 13**

**ON-LINE: ON-LINE PREFERRED**

*link at [newengland.usatf.org](http://newengland.usatf.org)*

**Registration closes at 8:00 pm Wednesday February 13**

Team fees for large teams - request team form

### NO MEET DAY ENTRY IN ANY Individual EVENT

**RELAYS:** Clubs/schools may enter on site at no charge.

**AWARDS: Medals to top 3 in each event.**

**High Performance Award - \$100 to top IAAF point scorer  
Event in USATF-NE Points Chase**

**Scoring based on IAAF Point tables. See website**

### USATF MEMBERSHIP

Open athletes must have 2019 USATF membership to enter  
Membership form at [www.usatf.org](http://www.usatf.org)

College / Prep school, / NIRCA teams entered by the school  
do not need membership. Contact USATF-NE for info

**Checks payable to: USATF-NE**

**Mail in: USATF-New England**

**P.O. Box 1905, Brookline MA 02446**

**Deadline- Wednesday February 13, 8:00 pm**

More and updated info & online entry link at  
[www.newengland.usatf.org](http://www.newengland.usatf.org) under Events

Questions - [office@usatfne.org](mailto:office@usatfne.org)

### SCHEDULE / ORDER OF EVENTS

**TRACK Women – Men – Masters Fast sections first**

#### SCHEDULE FINALIZED AFTER ENTRIES CLOSE

10:00 am **5000 meter** Women 18:00 limit for last lap start

10:20 am **5000 meter** Men 15:15 limit for last lap start

10:40 am **3000 meter Race Walk**

Men / Women combined 20:00 limit

11:00 am **60m Hurdles** (timed final- W /ScholasticB / Men)

11:20 pm **Mile** (W 6:00 limit / M 4:50 limit)

12:10 pm **60 m TRIALS** - W / M / final for Masters

**FOLLOWED BY 60 m FINAL** (Top 8 times)

1:00 pm **400 m** (blocks in heat 1 only)

1:30 pm **800 m** (W / M (M 2:10 limit)) / Masters M)

2:00 pm **200 m** (blocks-heats 1-2 only) W / M / Masters

2:40 pm **3000 m (W / M)** 11:20 W / 10:00 M limits

To follow **4x440 Yards Relay**

**Distance Medley Relay** (may run M/W together)

NIRCA Club DMR

### JUMPS – 6 to final in LJ / TJ

**Minimum distance measured after 1st attempt**

10:30 am **Long Jump (Women then M)** elevated pit.

Min. measure 14' W, 16' M

10:30 am **Triple Jump (Men then W)** Surface pit

boards 26',35',42' (W follows W LJ)

**Masters Long Jump M/W** follows TJ- 4 jumps

11:00 am **Pole Vault** First raised by 20cm, then by 15cm

**Women** open 2.80m **then Men** open 3.55m

1:00 pm **High Jump** Men first open 5'10"; W open 4'10"

### THROWS – 6 to final

10:00 am **Scholastic Boys Weight (40' min. measure)**

**Scholastic boys may enter either 25lb OR 35lb**

11:00 am **Weight Throw - MEN then WOMEN**

Min. measure 9.00 meters

To Follow **Shot Put (M then W)** (Min. measure 35'M,30'W)

Scholastic boys by invitation

**Masters 40+ Only Events: LJ 60, 200, Men 800,**

### USA TRACK & FIELD - NEW ENGLAND INDOOR CHAMPIONSHIPS

**Sunday, February 17, 2019**

**ENTRY FORM** (Team Entry Form available upon request – team fee – request from [office@usatfne.org](mailto:office@usatfne.org))

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_ Zip \_\_\_\_\_

Club/Affiliation \_\_\_\_\_

Male/Female \_\_\_\_\_ Age (as of 2/17/2019) \_\_\_\_\_

2019 USATF Number (required) \_\_\_\_\_

e-mail \_\_\_\_\_

\*\* membership required for all except college / prep school athletes entered by the school

#### Event

**Best Recent Performance/Date**

**Scholastic Boys – may not enter 20 & 35lb Wt**

1. \_\_\_\_\_ \$20 \_\_\_\_\_

**May not entry both 3000 and 5000**

2. \_\_\_\_\_ +\$10 \_\_\_\_\_

**3 Event Entry Limit**

3. \_\_\_\_\_ + \$5 \_\_\_\_\_

**All fees must be paid prior to the meet. Team entry form available**

**ASSUMPTION OF RISK AND WAIVER:** I understand that competing in track and field is a potentially dangerous event and may result in serious injury. In consideration of accepting this entry into the USATF-New England Indoor Track & Field Championships, I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against USATF, USATF-New England, its employees, agents, officers, the Fellows of Harvard College, Harvard University and its Athletic Department, sponsors, volunteers and their representatives, successors and assigns for any and all injuries suffered by me in said event, or as a result of my travel to and from the competition. I attest and certify that I am physically fit and have sufficiently trained for the competition. I acknowledge that my entry fee is non-refundable.

SIGNATURE: \_\_\_\_\_

Date: \_\_\_\_\_ **Version 1/1/19**